

UNDERSTANDING THE MECHANISM OF VAMANOPAGA GANA MEDICINES: A CRITICAL REVIEW

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Article Received on
02 November 2021,

Revised on 23 Nov. 2021,
Accepted on 14 Dec. 2021

DOI: 10.20959/wjpr20221-22636

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ABSTRACT

Vamana is prime process in the sequence of *Panchakarma* specially used for *Kaphaja* disorders. The process of elimination of vitiated *Dosha* through *Urdhav-bhaga* i. e. by mouth is termed as *Vamana*. The drugs which help the main drug to carry out the procedure more efficiently is called *Upaga*. *Vamanopaga* drugs help in proper *Vamana* or they synergize the action of *Vamana Dravyas*. The *Vamanopaga Gana Dravya* includes *Madhu*, *Madhka*, *Kovidara*, *Karbudara*, *Nipa*, *Vidula*, *Bimbi*, *Shanapushpi*, *Sadapushpi*, *Pratekpushpi*. Out of these 10 drugs most of the drugs shows *Tikta Rasa*, *Katu Vipaka* and *Ushna Virya* along with *Agni* and *Vayu Mahabhuta Pradhanta*. To make the procedure of *Vamana* more efficient it is important to study on *Vamanopaga Dravyas*. This study helps in understanding the mechanism of *Vamanopaga* drugs.

KEYWORDS: *Upaga*, *Vamana*, *Vamanopaga gana*.

INTRODUCTION

Panchakarma, the unique and wonderful treatment modality of *Ayurveda*, is basically designed to purify the body of the human being by detoxification of all the systems.^[1] The process of elimination of vitiated *Doshas* through oral route is called *Vamana*.^[2] According to *Sharangdhara* the process in which the unripe (*Apkava*) *Pitta* or *Kapha* is expelled out forcefully by the route of *Urdhvabhaga* is known as *Vamana*.^[3]

***Vamaka* drugs:** The drugs which carry out the procedure of *Vamana* are called as *Vamaka Dravyas*. These drugs consist the properties like *Ushna* (Hot), *Tikshna* (Sharp), *Sukshma*

(Microscopic), *Vyavayi* (spreading all over the body), *Vikasi* (spreading all over the body and causing loosening of all joints and debility). *Panchabhautik* composition of *Agni* and *Vayu Mahabhuta* with *Urdhvabagahara Parbhava*.^[4] E. g. *Madanphala*, *Jimutaka*, *Ekshavaku*, *Dhamaragav*, *Vatasaka*, *Kritvedhana*.

Vamanopaga gana: *Vamanopaga gana* is one of the 7 *Upagas* explained by *Charakaacharya i. e. Snehopaga*, *Swedopaga*, *Vamanopaga*, *Virechanopaga*, *Asthanopaga*, *Anuvasanopaga*, *Shirovirechanopaga*.^[5] As per the definition of *Upaga*, the medicines which helps the main drug to carry out its function is called as *Upaga*. *Vamanopaga* drugs helps the *vamana* drugs to carry out the procedure of *vamana*. *Vamanopaga gana* includes *Madhu*, *Madhuka*, *Kovidara*, *Karbudara*, *Nipa*, *Vidula*, *Bimbi*, *Shanpushpi*, *Sadapushpi*, *Pratekyapushpi*.^[6]

Mechanism of Upaga: As explained by *Acharya Chakrapani* in his commentary the medicines which help the *Snehana Dravya* to carry out their function is called *Snehopaga*. The medicines from *Snehopaga Gana* helps the *Snehana Dravya* such as *Sarpi* (Ghee) to do action of *Snehana* more efficiently. Same is the action of *Vamanopaga Gana* medicine that helps the *Vamaka* drugs such as *Madanapahala* to its action.^[7]

AIM AND OBJECTIVE

To study the mechanism of *Vamanopaga Gana* medicines.

MATERIALS AND METHODS

Table no. 1: List of *Vamanopaga Gana* Drugs.^[8]

Sr. no	Drugs	Latin name	Family	Parts used
1	<i>Madhu</i>	Honey		
2	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i>	Leguminosae	Roots
3	<i>Kovidara</i>	<i>Bauhinia purpurea</i>	Leguminosae	<i>Pushpa</i> , <i>twaka</i>
4	<i>Karbudara</i>	<i>Bauhinia variegata</i>	Leguminosae	<i>Pushpa</i> , <i>twaka</i>
5	<i>Nipa</i>	<i>Anthocephalus indicus</i>	Rubiaceae	<i>Twak</i> , <i>phala</i>
6	<i>Vidula</i>	<i>Barringtonia acutangula</i>	Lecythidaceae	<i>Phala</i> , <i>mula</i> , <i>twaka</i> , <i>patra</i>
7	<i>Bimbi</i>	<i>Coccinia indica</i>	Cucurbitaceae	<i>Patra</i> , <i>mula</i>
8	<i>Shanpushpi</i>	<i>Crotalaria verrucosa</i>	Leguminosae	<i>Patra</i>
9	<i>Sadapushpi</i>	<i>Calotropis gigantea</i>	Asclepiadaceae	<i>Panchanga</i> , <i>mul</i> , <i>patra</i>
10	<i>Pratekyapushpi</i>	<i>Achyranthes aspera</i>	Amaranthaceae	<i>Mula</i> , <i>tandul</i> , <i>patra</i> , <i>panchanga</i>

Properties of Vamanopaga Dravyas: The drugs mentioned in *Vamanopaga Dashemani* need to be studied in detail for understanding their functions. The table below helps in understanding *Vamanopaga Dravyas*.

Table no. 2: Properties of Vamanopaga Gana Drugs.

Sr. No	Name of Drug	Rasa – Vipaka- Virya	Samnya Guna	Gana	Use in Disease
1	Madhu ^[9]	Rasa – Kashaya, Madhuara Virya – Sheeta	Guru, Ruksha, Sandhankara, Chhedaka, Vatakara	Ikshuvarga	Kaphahara, Raktpittahara (Ch Su 27/246)
2	Madhuka ^[10]	Rasa - Madhur Vipaka - Madhur Virya -Sheet	Guru, Snigdha	Kanthya, Vamanopaga, Jivniya, Sandhniya, Varnya, Kandughna, Mutravirajniya, Shonitsthapan, Snehopaga, Asthanopaga,	Rasayanarth (Ch. Chi 1), Kshatkshin (Ch. Chi 16), Hridroga (Ch.Chi 26), Vatrakta (Ch. Chi 29), Ardhabhedaka (Su U 26), Pandu (Su.U 44), Adhoga Raktpitta (Su. U 45, Su.U 45), Rudhirvamane (Chakradutta), Sadhovran (Chakradutta), Udard (Chakradutta), Mutrarodhaja, Udavarta (Bhavprakash), Shiroroga (Bhavprakash), Apsmaera (Vangsen), Pittaj Kranroga (Vangsen), Timirroga (Vangsen), Paitikkasvarbhang (Shodhal) Vajikarana (Shodhal), Hikyam (Shodhal)
3	Kovidara	Rasa – Kashaya Vipaka- Katu Virya - Sheeta	Ruksha, Laghu	Vamanopaga	Raktpitta (Ch.Chi.4/37) Sarpadashta (Su.Ka.5/17) Arsha (A.H.Chi 8) Medhvardhka (A.H. U39) Gandmala (Chakradutta) Grahi, Rasyana, Balya, Vranashodhaka, Vranaropaka, Raktpittahara Masurika (Bhavprakash)
4	Karbudar	Rasa – Kashaya Vipaka –Katu Virya-Sheet	Ruksha, Laghu	Vamanopaga	Grahi, Rasyana, Balya, Vranashodhaka, Vranaropaka, Raktpittahara Masurika (Bhavparakasha)

5	Nip	Rasa –Tikta, Kashaya Vipaka -Katu Virya- Sheet	Ruksha	Vedanasthapan, Shukrashodhana, Vamanopaga	Vranachhadanarth (Ch. Chi12/93), Mutravaivarnya, Mutrakrichha (Ch.Chi.22/152) Raktatisare (Vaidyamanorama)
6	Vidul	Rasa –Tikta, Katu Vipaka- Katu Virya- Ushna	Laghu,Ruksha,Tikshna	Vamanopaga, Virechana, Urdhvabhagahara	Amatisara (Chakradutta), Chakshustrava (Vangasena), Galaganda (Sharangdgdhara)
7	Bimbi	Rasa – Tikta Vipaka- Katu Virya- Ushna	Laghu, Ruksha, Tikshna	Mulini, Urdhvabhagahara, Vamanopaga	Rechaka, vamaka, shothaghna (raj nighantu) Snehana, Mutrasangarhniya, Kaphanashaka, Vranaropaka (Bhavprakasha)
8	Shanpushpi ^[11]	Rasa –Katu, Tikta Vipaka-Katu Virya-Ushna	Laghu, Ruksha,Tikshna	Vamanopaga, Mulini, Urdhvabhagahara	Kantha, Hridroga, Mukhroga (Dhanvantari Nighantu)
9	Sadapushpi ^[12]	Rasa – Tikta, katu Vipaka-Katu Virya-Ushna	Laghu,Ruksha	Vamanopaga	Vamana, virechana (Ch Su 1), Arsha (Ch chi 9), Vranachhadana (Ch chi 13), Urusthambha (Ch chi 27/47), Shleshmadushti yoni roga (Ch chi 30/69), Kushtha (Su chi 9/51), Karashula (Su U 21/23-24), Shwasa (Su U 52/36), Alarkavisha (Su ka 6/55), Danagata krimi (A.H.U 22/20), Pliha roga (Vrinda Udaradhikara43), Medhrapaka (Vrindaupdanshaadhikara 9), Kacchupama vicharchika (Kushthadhikara 136), Shlipada, vrichika dansha, (Chakradutta), Arsha, mukhakarshnya, nayanamaya (Vangsen), Karnashula, pampa kachhu vicharchika, mukhakarshnya (Sharangadhara),

					Aruchi, Praeka Arsha, Kasa, Shwasa (Bhavprakasha),
10	Pratekyapushpi	Rasa – Tikta, Katu, Vipaka-Katu Virya-Ushna	Laghu, Ruksha, Tikshna	Shirovirechana, Krimighana, Vamanopaga	Shirovirechana, (Ch.Su.25/33) Arsha (Su.Chi 6/13) Krimiroga (A.H. Chi11/33) Karnadabadhira, Tritiyakajwara (Vrinda), Vishamjwara (Shodhala – Jwaraadhikara Pg 639), Shirorija (Shodhala Pg-417), Netrpida(Shodhala Pg-474), Sadhovrana (Shodhala Pg-532), Asrukdara (Shodhala Pg-599), Sukhprasavartham(Shodhala Pg610), Garbhdharana (Shodhala Pg-613), Yonishula (Shodhala Pg-616), Sarpvisha (Shodhala Pg-655), Mutrakrichhta (Vaidhyamanorama Pg -4), Sidhmakushtha (Vaidhyamanorama Pg -26), Yonishula (Vaidhyamanorama Pg- 34), Atiraktpravritti (Vaidhyamanorama-Pg-51), Visuchka (Bhavmishra), Raktarsha (Sharangdhara), Badhira (Sharangdhara), Nidranasha (Harit), Shotha (Harit), Kamala (Rasaratnasamucchya)

Mechanism of action of Vamanopaga Gana medicines^[13]

The Vamaka drug spread throughout the body at cellular level due to its pharmacological properties. Vamaka drugs consist of properties and Urdhvabhagahara Parbhava. The Vamaka drugs having the properties like Ushna, Teekshna, Sukshma, Vyavayee, Vikashi, gets absorbed and reach to the heart due to their Virya. Due to Sukshama and Vavayi properties, they move through Dhamani to reach Sthula and Sukshama Strotasa through the body.

They liquify the *Doshasnaghata* with *Ushna* property. Increase liquidity will further help to flow through circulation. Afterward these complexes are fragmented into smaller molecules due to *Tikshna* property which will help them to extricate (*Vichhandana*) from micro channel. Then, these liquified and fragmented molecules are led articulately to *Amashaya*, flowing through *Anu Strotasa* (*Anu Pravana Bhava*) without adhering them. Where from stimulated by *Udana Vayu* and due to the *Agni* and *Vayu Mahabhutika* constitution and *Prabhva*, they march in upward direction to expel vitiated *Dosha*, brought along with them.

Table no. 3: Dominant properties of *Vamanopaga Gana* drugs.

Chief property	Properties	Number of drugs
<i>Rasa</i>	<i>Madhuara</i>	1
	<i>Katu</i>	1
	<i>Tikta</i>	5
	<i>Kashaya</i>	3
<i>Vipaka</i>	<i>Madhura</i>	2
	<i>Katu</i>	8
<i>Virya</i>	<i>sheeta</i>	5
	<i>Ushna</i>	5

The action of *Dravya* or drug is mainly based on the *Gunas* it contains. Drugs given in *Vamanopaga Dashemani*, more commonly have the properties of *tika rasa* with *katu vipaka* and *sheeta* or *ushna virya*. *Rasas* of *Vamanopaga Dravyas* are chiefly *Tikta*, *Kashaya*, *Katu* (and *Madhura* sometimes). They show the dominance of *Agni* and *Vayu Mahabhuta*.

Acharya Charaka has mentioned predominance of *Agni* and *Vayu Mahabhuta* drugs for *Vamana Karma*. Hence, when thinking about *Vamanopaga Dashemani* most of the drugs have the properties same as *Vamana* drugs, but as said before the chief drugs which carry out the procedure of *Vamana* are said to be *Vamaka Dravyas* but these *Vamanopaga* are not the chief one. Hence *Vamanopaga* are the medicines which help the chief or main *Vamaka Dravyas* to carry out the procedure of *Vamana*.

Table no. 5: *Vamanopaga dravya* from *kalpasthan*.

Sr.No	Yoga	Content And Matra	Vamnopaga	Form Of Vamnopaga	Phalshruti	Ref
1	<i>Madanphala</i>	<i>Madanphala 1</i> <i>Antarnakhmushti +</i> <i>Kovidaradi Kwath + Madha</i>	<i>Kovidarad</i> (<i>Kovidar,</i> <i>Karburdar, Nip,</i> <i>Vidul, Bimbi,</i> <i>Shanpushpi,</i> <i>Sadapushapi,</i>	<i>Kwatha of</i> <i>Kovidaradi</i>	<i>Vamanopaga</i>	<i>Ch Ka</i> <i>1/14</i>

			<i>Pratekpushpi - One of these Drugs Is Used), Madha,</i>			
2	<i>Madanphala</i>	<i>Madanphalapippali Churna 1 Bhaga, Kovidaradi Kwath 6 Bhaga</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 1/16</i>
3	<i>Madanphala</i>	<i>Madanphalapippal I Churna 1 Bhaga, Kovidaradi Kwath 6 Bhaga</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 1/21</i>
4	<i>Jimutak</i>	<i>Jimutak 2-3 Phala+ Mudhaka+ Kovidaradi Kwath</i>	<i>Mudhaka, Kovidaradi,</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 2/9</i>
5	<i>Jimutak</i>	<i>Jimutak Phala 1 Kol (1/2karsha) + Kovidaradi Kwath 6 Bhaga</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 2/11</i>
6	<i>Ikshwaku</i>	<i>Ikshwaku Beeja 1 Antarnakhamushti + Kovidaradi Kwath</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 3/14</i>
7	<i>Ikshwaku</i>	<i>Ikshwaku + Kovidaradi Kwath</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 3/14</i>
8	<i>Dhamaragav</i>	<i>Dhamaragav Patra Swaras + Kovidaradi Kwath</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 4/6</i>
9	<i>Dhamaragav</i>	<i>Guda (Guda Kept In Dhamargava Phala) + Mudhaka + Kovidaradi</i>	<i>Mudhaka + Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 4/8</i>
10	<i>Dhamaragav</i>	<i>Jati ,Rajani , Chorak, Vrischir ,Mudgaparni ,Mashparni , Hemavati ,Bimb, Punarnava ,Kasmarda –One Of These Drugs Is Used +Dhamargava Phala 1 Or 2</i>	<i>Bimbi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 4/16</i>
11	<i>Vatsak</i>	<i>Vatsak Beeja Antarnakhmushti + Kovidard I + Mudhaka +Madha</i>	<i>Mudhuk , Kovidardi, Madha,,</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 5/7</i>
13	<i>Krutvedhan</i>	<i>Krutvedhan Phala + Madhukadi</i>	<i>Madhukadi (Mudhuk, Kovidar, Karburdar, Nip, Vidul, Bimbi, Shanpushpi, Sadapushapi, Pratekpushpi - One Of These Drugs Is Used)</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 6/6</i>
14	<i>Krutvedhan</i>	<i>Krutvedhan 50 Phala +4 Times Kovidaradi Kwath +1/4 Madanphaladi (Madanphala, Jimutaka,</i>	<i>Kovidaradi</i>	<i>Kwatha</i>	<i>Vamanopaga</i>	<i>Ch Ka 6/9</i>

		<i>Ikshwaku , Dhmarginava, Vatsak,) 1/2 Bhaga +1 Bhaga Krutvedhana</i>				
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Table no. 5: Use of *Vamanopaga Gana* medicines in all over the text as *Vamaka* or *Vamanopaga* in *Charaka Samhita*.

Sr. no.	Name of drug	Use explained	Reference
1	<i>Madhu</i>	As <i>Vamanopaga</i> in <i>Jwara</i>	<i>Ch.Chi</i> 3/229
		As <i>Vamanopaga</i> in <i>Adhoga Raktpitta</i>	<i>Ch.Chi</i> 4/59
		As <i>Vamaka</i>	<i>Ch chi</i> 7/43
		As <i>Vamaka</i>	<i>Ch chi</i> 17/75
		As <i>Vamaka</i>	<i>Ch chi</i> 23/239
2	<i>Madhuka</i>	As <i>Vamaka</i> in <i>Amashay Ashrita Vadhyi</i>	<i>Ch su</i> 2/7-8
		As <i>Vamaka</i>	<i>Ch.Chi</i> 3/228
		As <i>vamanopaga</i> in <i>Adhoga Raktpitta</i>	<i>Ch.Chi</i> 4/60s
		As <i>Vamaka</i>	<i>Ch chi</i> 7/43
		As <i>Vamaka</i>	<i>Ch chi</i> 30/252

Out of ten *Vamanopaga* medicines, only *Madhu* and *Madhuka* were found to be used as *Vamanopaga* medicines out of *Kalpasthanana*. Other *Vamanopaga* medicines are used in *Kalpasthanana* only.

Table no. 6: *Vamanopaga* medicines used by other Acharyas.

<i>Charaka</i>	<i>Mulini</i> ^[14] <i>Shanpushpi</i> <i>Bimbi</i>	<i>Phalini</i> ^[15] <i>Pratekapushpi</i>	<i>Ksheera</i> <i>Varga</i> ^[16] <i>Arka</i>	<i>Vamanopaga</i> ^[17] <i>Madhu</i> <i>Madhuka</i> <i>Kovidara</i> <i>Karbudara</i> <i>Nip</i> <i>Vidul</i> <i>Bimbi</i> <i>Shanpushpi</i> <i>Sadapushpi</i> <i>Pratekyapushpi</i>	
<i>Sushruta</i> ^[18]	<i>Phalini</i> <i>Kovidara</i> , <i>Karburdara</i> , <i>Vidula</i> , <i>Shanapushpi</i> , <i>Bimbi</i>	<i>Sangraha</i> ^[19]	<i>Pratekpushpi</i> , <i>Kovidara</i> , <i>Kruburdara</i> , <i>Nipa</i> , <i>Viduala</i> , <i>Shanpushpi</i> , <i>Bimbi</i> , <i>Madhu</i>	<i>Hridya</i> ^[20]	<i>Madhuka</i> , <i>Bimbi</i> , <i>Vidula</i>
<i>Sharangadhara</i> ^[21]	<i>Madhu</i>				
<i>Vangasena</i> ^[22]	<i>Yashtimadhu</i>	<i>Madhu</i>			
<i>Chakradutta</i> ^[23]	<i>Yashtimadhu</i> <i>kwatha</i> with <i>madhu</i>	<i>Madhu</i> in <i>Garavisha</i>			

DISCUSSION

Vamana is the frontline choice in the treatment of the disorders caused by aggravation of *Kapha*. Much more work is done on *Vamana* and its standardization but *Vamanogaga Gana* is not discussed that much. Hence, this study helps us to reveal the properties and use of *Vamanopaga Gana* drugs. Medicines from these *Upag Gana* facilities the action of main drug. *Vamanopaga* drugs are the supportive drugs in the process of *Vamana* in a way they help in proceeding the act of vomiting. The mode of action of *Vamana* drugs is already specified. One has to understand the action on *Vamanopaga* according to their properties. In the process the dominance of *Tikta Rasa, Katu Vipaka or Ushna Virya* with *Agni* and *Vayu Mahabhutadhikya* can be observed. These properties show, *vamanopaga* medicines have *urdhvagamitva* tendency.

Vamanopga medicines might have the action at *Amashaya* level only. *Vamaka* drugs act throughout the body due to their *Vyavayi* and *Vikasi* action. *Vamanopaga* drugs might help in propelling *doshas* towards upward direction once they are brought into the *Amashya* by *Vamaka* drugs. They act more locally than all over the body. They might be helping to hold the body strength with their *Sheeta Virya* against strong penetrating and hot properties of *Vamaka* drugs. They help in continuing the action of *Vamaka* drugs once started by regularly removing the *Doshas* in controlled manner. They might be helping in reducing the discomfort created by *Vamaka* drugs. The *Vamanopga* drugs further reduces the irritative property of *Vamana* drugs. As seen above *Kovidaradi Kashaya* is commonly used among *Vamanopga* drugs. *Kovidaradi Kashaya* includes *Kovidar, Karburdar, Nip, Vidul, Bimbi, Shanpushpi, Sadapushapi, Pratekpushpi*. Among these, *Kashaya* of anyone drug can be used as *Vamanopaga with vamaka drugs*. *Kovidardi Kashaya* is used 9 times with *vamaka* drugs i. e. 3 times with *Madanphala*, 1 time with *Jimutaka*, 2 times with *Ikshwaku*, 2 times with *Dhamargava*, 1 time with *Vatsaka* and 1 time with *Kritvedhana*.

Why the need of *Vamanopaga* drugs besides having *Vamaka* drugs?^[24]

1. *Vamanopaga* drugs are the drugs which are used for “*Akanthapana*”. Thus, they remain in the body for a quite long time. This time may be prolonged if a complication like *Ayoga* occurs.
2. So, they should possess such properties with which they can be retained in the body with large quantity & for much more time without causing harm to the individual. Supportively, if possible, they should supply energy to body to bear strain.

3. The *Vamaka* drugs having *Usna* & *Tiksna* properties cannot be consumed in a large quantity. They also cannot be beared for a longer period. So *Vamanopaga* drugs are used because they have qualities like sweet taste, cold tendency and *Brimhana* property along with tendency of producing vomiting after ingestion.

CONCLUSION

Vamanopaga drugs acts according to the properties they possess which helps the *Vamaka* drugs. The dominant properties of *Vamanopaga* are *Tikta Rasa*, *Katu Vipaka* and *Sheeta* or *Ushna Virya*. Also shows the dominance of *Agni* and *Vayu Mahabhuta* which help or assess the action or function of the *Vamaka* drugs. When *Kalpas* from *Kalpasthanas* are studied, *Vamanopaga* medicines are used with various *Vamaka* drugs as supportive medicines. *Kovidaradi Kashaya* is found to be the most used *Vamanopaga Dravya*. It is also observed that *Vamanopaga* medicines are used in *Kashaya* medium.

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